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Your essential daily news | WEEKEND, MAY 19-22, 2017 High 16°C 4°C Not as nice as yesterday

RISE AND ... SHINE?

Council votes down later construction start time on Saturdays

metroNEWS

Two pro-choice groups want safer access to clinic

PETITIONING CITY HALL

Move to get protesters to stop harassing patients at clinic

Alex Abdelwahab
Metro | Ottawa

Two pro-choice rights groups are challenging city hall to do more to ensure safe access to abortion in Ottawa.

Defend Choice Ottawa will be presenting a petition to city council next Wednesday asking the city to make sure police enforce the Special Events on City Streets Bylaw, to stop protesters from harassing patients at the Ottawa Morgentaler clinic. It's also asking the city to provide funding to cover the legal costs of fighting in court for a bubble zone around the clinic.

A bubble zone would create a broader area around the clinic where protesters are not allowed.

"When you apply for a bubble zone, the clinic will have to go to court eventually to essentially fight the freedom of speech (implications). It could result in thousands of dollars in legal fees," said Sydney Holmes, co-founder of Defend Choice Ottawa, adding that right now the widow of Henry Morgentaler would be on the hook to pay.

In a statement released back in April, Ottawa Police Chief Charles Bordeleau said that particular bylaw was not intended to apply to cases like the protests outside the Morgentaler clinic and only a court could grant a bubble zone.

The petition has received about 700 signatures, according to Holmes.

Meanwhile, Planned Parenthood Ottawa has registered a formal complaint with the city against Cathy Bowles, Chief of Protocol, over her decision to approve the raising of the March for Life flag at City Hall last week.

In a letter addressed to Bowles, the organization wrote her decision violated city policy on three fronts: first, that politically or religiously motivated events must be excluded; second, that proclamations cannot be made on issues of individual conviction; and third, that flag raising is intended to encourage support from members of the public.

> **Reproductive rights are human rights.**
> Catherine Macnab

"We really want Ottawa to recognize that reproductive rights are human rights. That's not negotiable," Planned Parenthood Ottawa Executive Director Catherine Macnab said. "The city really needs to consider whether they're contributing to the violations of human rights."

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metro NEWS

Your essential daily news

Chris Cornell, lead singer for Soundgarden and Audioslave, found dead in Detroit. **Life**

INVESTIGATION

Police charge man with assault, manslaughter

Alex Abdelwahab
Metro | Ottawa

Ottawa Police have charged a man in the death of Ahmad Afrah, 19, who police believe plummeted to his death from a highrise building.

The Major Crime Unit has charged Liban Gure, 29, with manslaughter and aggravated assault in the case, which police are investigating as the city's third homicide.

Gure appeared in court on Thursday. He was previously charged in Regina on Jan. 10, 2015 along with two other men for possession of a controlled substance (marijuana) and breach of undertaking.

Police had initially been called to a highrise apartment at 475 MacLaren St., near Bank Street around 11 p.m. Monday night for a disturbance call. When officers arrived they found Afrah lying on the ground.

Paramedics had been called to the same location for a medical call.

Afrah did not live in the building, but a neighbour who gave her name as Ali, but did not wat to say her last name, said Afrah had friends in the building, including her son. WITH FILES FROM HALEY RITCHIE/METRO

CITY HALL

Council to maintain construction times

City councillors voted down a proposal restricting early morning construction on Saturdays after a review of the city's noise bylaw.

The revised bylaw included many staff recommendations, including shortening car alarms and restricting bass levels.

It didn't recommend any changes to the current hours allowed for construction noise, but Coun. Tobi Nussbaum suggested moving to a later start time on Saturday mornings.

Current bylaws allow general construction to occur between 7 a.m. and 10 p.m. from Monday to Saturday, and 9 a.m. to 10 p.m. on Sundays and statutory holidays

Nussbaum suggested moving the start-time to 9 a.m. on Saturdays.

Delegates representing the construction industry, including John DeVries of the Ottawa Construction Association, argued reducing hours could mean delays.

It would also mean those working on job sites wouldn't be able to avoid harsh sun midday and would be later getting home to their families.

Nussbaum's proposal failed by one vote, with councillors Diane Deans, Keith Egli, George Darouze and Rick Chiarelli opposing the idea.

"Construction is happening, it's dirty, it's noisy, but unfortunately in a lot of cases it's necessary," said Egli. HALEY RITCHIE/METRO

POLICE

Doctor charged on three counts of sexual assault

Ottawa Police have charged a local doctor with sexual assault.

After an investigation that began last year police have charged Walid Al Houssan, 56, a family physician.

According to the College of Physicians and Surgeons of Ontario, Al Houssan has been licensed to practice in Ontario since 2006. His primary practice is based out of the Sunrise Medical Centre on Merivale Road, which is inside the Loblaw's grocery store.

A sign outside the clinic on Thursday indicated it would be closed until Tuesday.

Some of the alleged incidents date back to 2012.

Police have identified three female victims so far.

Al Houssan, 56, has been charged with three counts of sexual assault, one count of sexual interference and one count of sexual exploitation of a person with a disability.

Police believe there may be more victims and are encouraging anyone with information to contact the Sexual Assault and Child Abuse Section at 613-236-1222, ext. 5944. METRO

5 THINGS TO DO IN THE CITY THIS WEEKEND

There's more than just adult beverages and fireworks to Victoria Day weekend in Ottawa. Here's a rundown of all the fun activities waiting for you this long weekend — National Caesar Day just so happens to be one option. **HALEY RITCHIE** METRO

1 National Caesar Day (Saturday)

Saturday is National Caesar Day and Ottawa has plenty of options for celebrating that perfectly strange summer concoction of vodka, Clamato juice and hot sauce. LTE Entertainment has organized a Caesar bar crawl in the Byward Market, with five stops in support of the Sens Foundation.

2 Sunday Bikedays (Sunday)

Sunday bikedays on the parkway kick off this weekend! Grab your bikes because The Sir John A. Macdonald Parkway, Colonel By Drive and Sir George-Étienne Cartier Parkway will be closed to cars from 9 a.m. to 1 p.m. to allow for leisurely pedalling.

3 Sheep Shearing Festival (all weekend)

The Museum of Agriculture is hosting the Sheep Shearing Festival this weekend. Visitors can learn all about wool, attend sheep shearing, sheep herding, sheepdog agility demonstrations, as well as meet some alpacas. Activities take place all day on Saturday and Sunday and are included with admission.

4 Inspiration Village

An art and entertainment exhibition built from shipping containers will open this weekend, from May 20 until Sept. 4. The site will be open daily from 12 to 8 p.m. features a selfie-ready OTTAWA sign.

5 Victoria Day Fireworks (Saturday)

The Tulip Festival is wrapping up this weekend, including Victoria Day fireworks at Lansdowne Park at 8 p.m. Entry to the lawn for the "best viewing spot" is $20.

LANSDOWNE PARK

Awesome Ottawa to host giant jump-rope party

Haley Ritchie
Metro | Ottawa

Two Ottawa residents are bringing skipping back into style next month.

Zara Ansar and Ryan Mason recently received a $1,000 grant to host a giant "skipping" party in Lansdowne Park complete with free-to-use jump ropes, snacks and music.

"Basically the whole event idea came from doing double dutch as kids and jump rope for heart," said Ansar who runs a cycling style blog in Ottawa.

"We kind of got inspired by that and thought 'You don't see too many people skipping anymore except when they're super young. Why not bring it back so everyone can try again?'"

> **You don't see too many people skipping anymore.**
> Zara Ansar

Ansar has been sitting on the idea for the past five years, but decided to make it happen as part of Synapcity's 100In1Day project to liven up cities across Canada.

"We're hoping the adults will bring back memories for them, for the kids, we want to encourage more active lifestyles. A lot of kids right now are not doing enough activity," said Ansar.

The money received from the Awesome Ottawa foundation will go towards purchasing jump ropes, so everyone can participate for free.

Ansar said the goal is to eventually "bring skipping parties to different neighbourhoods."

The first event will start at Lansdowne on June 3. People of all ages are welcome to join in.

Ontario, Quebec get Red Cross flood relief

DISASTER RESPONSE

Aid to help families meet immediate basic needs

Alex Abdelwahab
Metro | Ottawa

The Red Cross is providing $4 million to people in Ontario and Quebec who have been hit hard by spring flooding.

The money will cover more than 5,200 households in Quebec and 1,600 households in Ontario.

The money will be distributed through electronic banking transfers starting next week.

Tanya Elliott, Ontario VP for the Red Cross, said this is a difficult time for many residents because, as flood waters are receding, they can now see the extent of the damage.

The payments are meant to "empower them to make decisions about what it is they or their families need," she said.

"It enables people to meet their needs as they identify them," she said.

To apply, households can register online at redcross.ca/gethelp or by phone at 1-800-863-6582.

Households who already registered with the Red Cross, need to re-register for the funding.

All households within a recognized flood-impacted area will be eligible for a $600 payment once they register, whether or not they evacuated their homes.

The money comes directly from the donations of Canadians who have given more than $7.4 million to the spring floods appeal.

6,800

Number of households in Ontario and Quebec getting flood relief from the Red Cross.

Flooding in Gatineau last week. THE CANADIAN PRESS

REGULATIONS

Abortion pill restrictions eased

Health Canada has relaxed some of its restrictions for Mifegymiso, commonly known as the abortion pill, according to a prominent sexual health group.

Action Canada for Sexual Health and Rights said Thursday it welcomed Health Canada's announcement it was no longer requiring pharmacists to complete a mandatory training program before being able to dispense the drug.

"Having pharmacists complete a mandatory training program for every new drug that comes on the market is onerous and is ultimately defeating when it comes to having pharmacists actually stock and ultimately dispense that drug," Sandeep Prasad, Executive Director of Action Canada for Sexual Health and Rights said.

He explained he hoped this change would mean women would have more access to the drug, especially those living in remote areas.

Health Canada also recognized that provincial and territorial colleges have the right to determine the drug's distribution systems within their jurisdictions.

Practically this means pharmacists are allowed to dispense the drug directly to patients, instead of having to send it back to the doctor who prescribed it. Ontario and B.C. had already advised Health Canada that its regulations did not allow doctors to dispense medicine.

Prasad that while his organization was pleased with the news, they would continue to push for other barriers to come down, including that the drug is only approved for use up to seven weeks in Canada, while studies have shown it can be safely taken up to 10 weeks.

THE CANADIAN PRESS

> "Having pharmacists complete a mandatory training program for every new drug that comes on the market is onerous.
>
> Sandeep Prasad

TRADE

Clock starts ticking on NAFTA negotiations

Canada says it's ready to talk now that U.S. President Donald Trump has formally launched the process to renegotiate the North American Free Trade Agreement.

Foreign Affairs Minister Chrystia Freeland said Thursday that Ottawa has already decided that updating the environment and labour sections of the trade pact will be two areas of focus going into the negotiations.

"I'm not going to lay all my cards on the table now. I don't think Canadians would like us to do that," Freeland said.

She noted that in letters to Congress to trigger the process for renegotiation, U.S. Trade Representative Robert Lighthizer also flagged those two areas, among others.

Lighthizer's notice to Congress Thursday set the clock ticking on the start of negotiations, saying they would begin as soon as possible but no later than 90 days.

In the letter, Lighthizer — who gave Canada advance notice of the move, according to Freeland — said that elements of the 25-year-old deal are "outdated" and "do not reflect modern standards."

Lighthizer's letter set out some elements of the trade deal that the U.S. would like to see modernized, including intellectual property rights and regulatory practices.

Freeland said that Ottawa has a similar view and she tried to paint the renegotiation of the sweeping trade agreement as "routine."

The foreign affairs minister said the formal triggering of NAFTA talks has "long been anticipated" and said the federal government has already started to consult with Canadian stakeholders about Ottawa's priorities going into the talks.

Freeland declined to speculate about Washington's ambition to complete negotiations by the end of the year, saying any talk of timelines was "premature."

"What I will say is we are ready to roll up our sleeves — we have been from day one — and we will work hard and seriously on updating this essential agreement. At the end of the day, our objective is going to be to negotiate a great deal for Canadians, and I'm very confident we can do that," she said. TORSTAR NEWS SERVICE

DIGEST

Trump slams 'witch hunt'
President Donald Trump denounced the appointment of special counsel Robert Mueller to investigate his campaign's ties with Russia Thursday, calling it a "witch hunt." Meanwhile, Republicans expressed hopes the move would restore calm to the capital. Lawmakers of both parties sought to question Mueller about Trump's firing of FBI director James Comey, followed by news that Trump had shared secrets with the Russians and tried to stop Comey from investigating former presidential adviser Michael Flynn. THE ASSOCIATED PRESS

Teen dies after car plows crowd in Times Square
Two law enforcement officials say a driver accused of running down pedestrians in Times Square told officers he was hearing voices and expected to die.

Authorities say Richard Rojas was taken into custody Thursday after mowing down 23 people, including a teenager who died.

The two law enforcement officials say Rojas tested negative for alcohol.

THE ASSOCIATED PRESS

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metro SCIENCE

Your essential daily news

Why do people with high IQs also tend to be atheists? Both groups are good at questioning their own instincts, a new Dutch study says

DECODED by Genna Buck and Andrés Plana

UNWANTED: CANADA'S MOST

You can wear bug spray, long sleeves and even tuck your pants into your socks (cool!), but from now until fall, you or your pet could encounter ticks, and an even less welcome hitchhiker: Lyme disease. It spiked from 144 cases in 2009 to an estimated 841 in 2016. **And the warming climate means ticks are showing up in more places.**

BLACKLEGGED TICK

Aliases: Deer tick, bear tick
Hangouts: Eastern and Central Canada
Crimes: Lyme disease, Deer Tick Virus Encephalitis, Babesiosis, many others

WESTERN BLACKLEGGED TICK

Hangouts: British Columbia and the U.S. Pacific Northwest
Crimes: Lyme disease, Human Granulocytic Anaplasmosis

WHAT LYME IS — AND ISN'T

IS: an illness caused by **Borrelia burgdorferi** bacteria

IS: treatable with antibiotics

IS: transmitted from birds and mammals to people via ticks

IS: usually spotted as a **"bulls-eye" rash** at the site of a tick bite

IS: a cause of fatigue, headache, chills, fever, muscle and joint pain, cardiac problems, facial paralysis and even meningitis

IS: a cause of painful arthritis and changes to personality, brain function and speech — if untreated

ISN'T: A chronic infection. Although symptoms can continue long after treatment, "chronic Lyme disease" is unproven. There's no benefit, but plenty of risks, to taking more antibiotics after the initial infection has cleared up.

WHAT TICKS LOOK LIKE

Ticks from the same species look different before and after eating and at different stages in the life cycle.

15mm **Adults (after feeding)** look large and swollen: You won't miss it.

3-5mm **Adults** burrow into skin, but you might not feel it because tick spit contains natural anesthetic.

2mm **Nymphs** are most likely to transmit Lyme. They're tiny and hard to spot.

1mm **Larvae** are miniscule baby ticks. They can harbour Lyme too.

NASTY NEIGHBOURS

These ticks aren't associated with Lyme, but can spread other infections

LONE STAR TICK : THE NEW TICK ON THE BLOCK This southern U.S. native is spreading to Canada as the climate warms. Its bite can induce a rare allergy to red meat.

AMERICAN DOG TICK
This plentiful tick hides out in grass, urban parks and trails in Central and Eastern Canada.

FINDINGS
Your week in science

FEDERAL FRAMEWORK
The government is set to release a framework for a national Lyme surveillance program this month along with guidelines and educational materials for health providers. The draft did not include references to the disputed "chronic Lyme disease," sparking protest from patient groups.

SOUND SMART

PEDIPALPS

DEFINITION
Pedipalps are the two "arms" that spiders, scorpions and some crabs have on the front of their bodies.

USE IT IN A SENTENCE
There's a reason spiders make bad pop song writers. You try finding a rhyme for "I long to hold you in my **pedipalps**."

metro Your essential daily news

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metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Sci-fi flicks come bursting back

Alien: Covenant is latest film franchise to make return

Richard Crouse
For Metro Canada

That's a lot of facehugging and chestbursting.

Since the 1979 release of Alien, a film Roger Ebert called "an intergalactic haunted house thriller set inside a spaceship," audiences have been fascinated with the sci fi/horror series.

The latest movie sees a new crew — including Michael Fassbender, Katherine Waterston, Billy Crudup and Danny McBride — on a mission to colonize planet Origae-6. Along the way they abandon their original course, choosing a closer, apparently inhabitable planet only to be met with terror and acid-spewing creatures.

Covenant is the third Alien movie directed by Ridley Scott. I once asked him what it was that kept him casting his eyes to the skies movie wise.

"The fantasy of space," he said, "which is now also a reality, is a marvellous platform and a form of theatre. Honestly, almost anything goes."

The freedom of the sci fi genre is a common theme among creators. Denis Villeneuve, whose sequel to Ridley Scott's Blade Runner, now titled Blade Runner 2019, comes out later this year, remembers how his mind was opened by his first exposure to the genre.

"At a very young age one of my aunts came home one night and she had brought two or three big cardboard boxes filled with magazines," says Villeneuve.

"Those magazines were all about sci fi. Those boxes changed my life because the amount of poetry and creativity among the guys that were drawing those comic strips. They were very strong storytellers. They were all like mad scientists playing with our brains."

A month before Alien: Covenant's opening date Scott announced plans to start shooting another sequel within the next fourteen months.

Until that one hits theatres what other sci fi films should we have a look at?

Vincenzo Natali, the director of episodes of television's Westworld and Orphan Black and adventurous films like Cube and Splice has some suggestions.

"I could mention 2001, Star Wars and The Matrix, but we've all been there. I think there are some very worthy science fiction films that aren't so well known."

First on his list is Stalker, from master director Andrei Tarkovsky.

Next up is The 10th Victim, a futuristic Marcello Mastroianni movie about a deadly televised game called The Big Hunt which becomes a replacement for all conflict on Earth.

"It's a satirical comedy, absolutely brilliantly made, filled with cool futuristic Italian design and it's really funny. I cannot recommend it enough."

Third is the animated La Planète Sauvage.

"It takes place on a planet where humans are pets for a race of large aliens. It's a kind of a Spartacus story against the aliens. Totally outrageous and very, very '70s."

Katherine Waterston joins a star-studded cast in Alien: Covenant, in theatres now. CONTRIBUTED

MOVIE RATINGS by Richard Crouse

Alien: Covenant	★★
Diary of a Wimpy Kid	★★★
Chuck	★★★
The Lovers	★★★
Tommy's Honour	★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

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CANADIANS LIVING WITH CROHN'S OR COLITIS NEED MORE OPTIONS

DESPITE ADVANCES IN INFLAMMATORY BOWEL DISEASE RESEARCH, TREATMENTS FOR PATIENTS REMAIN LIMITED

Sandra Zelinsky has spent the last 24 years trying to stay at least one step ahead of inflammatory bowel disease (IBD). In that time, she's been on several medications, undergone several surgeries, and rode the ups and downs of living with a chronic disease that has a way of throwing new problems at you.

"A few of the medications have worked amazingly but most of them were unsuccessful. My disease state constantly evolves, and as it changes, so do my medical needs," says Zelinsky.

Crohn's disease and ulcerative colitis, the two main forms of inflammatory bowel disease, cause the body to attack itself, leading to inflammation of the gastrointestinal tract. Because of that inflammation, people with IBD are left to face abdominal pain, cramps, bloating, fatigue, frequent and urgent bowel movements, internal bleeding, and unintended weight loss.

"In spite of the symptoms, people with IBD often look 'normal' on the outside," says Mina Mawani, President and CEO of Crohn's and Colitis Canada. "Canada in particular has some of the highest rates of inflammatory bowel disease in the world, and approximately 250,000 people across the country are living with Crohn's or colitis. You may know someone with the disease and not even know it."

There is no cure for Crohn's or colitis, but treatments can put the disease into remission, and patients can experience a reduction in their symptoms.

"Being in remission means we can live active, productive lives, and we can stay out of emergency rooms and avoid further surgeries," says Zelinsky, who now works as a patient engagement researcher, and who advocates for patient-centred care.

"Every case of IBD is unique, and each patient responds differently to different courses of treatment. To achieve remission, a patient may have to try multiple treatments before finding one that works for him or her. Each unsuccessful attempt means there's one less option available from an already limited number of treatments, and a treatment that works well for someone today could stop working tomorrow," says Mawani.

Having more and new options to choose from is integral to maintaining hope for continued remission. This is vital for people living with chronic diseases such as Crohn's and colitis.

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Crohn's and Colitis Canada
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Is 'sick-lit' the budding new genre of teen romance?

DRAMA

Love stories foiled by illness are on the rise in Hollywood

Steve Gow
For Metro Canada

There's a hot trend in pop-culture right now and it's got nothing to do with restorative nap cafés or even the latest Fitbit. No, I'm talking about the rise of the terminal romance.

Popularized by such young adult films as The Fault in Our Stars and smash Netflix series 13 Reasons Why, these books-turned-blockbusters backdrop budding teen romance against raw topics like illness or death.

"Kids are dealing with these things — whether or not we decide to talk about them," novelist Nicola Yoon said recently about the trend.

"I definitely feel a responsibility to be a part of that conversation but we can't pretend these things aren't happening."

Yoon's bestseller Everything, Everything is just the latest sobering story to see life on the big screen. A tale about a teen with an extremely rare disease, Everything, Everything quarantines its protagonist inside her hermetically sealed home for her own safety. But when the handsome boy next door suddenly shows up, Maddy begins to risk her own health to join her would-be suitor.

"It's just very unique in the way its told," said director Stella Meghie of the inspiring novel.

"There's drawings and text messages, lists and recipes and it just has a certain whimsy and quirkiness to it but the romance is classic — it's Romeo and Juliet."

Not unlike the Shakespeare mainstay, Everything, Everything doesn't shy away from dark themes. But the rising trend of introducing such subjects as disease and death into young adult fiction has caused concern with some parents as well.

Everything, Everything is about a teen with a rare disease who falls in love with her neighbour. CONTRIBUTED

Nicknamed "sick-lit" by detractors, many say such content only romanticizes dark deeds and may provoke depression or other harmful acts among teens.

"Books don't create behaviours," defended If I Stay author Gayle Forman in Time Magazine. Her novel tells the story of a girl who lands in a deep coma after a car accident and has an out-of-body experience that forces her to decide between two fates — one of which is a budding romance.

"What books can do, however, is reflect an experience and show a way out of difficult, isolating times" — a sentiment Yoon and Meghie agree with.

"Kids are at such a pivotal stage of their life. I mean they're trying to figure out who they are, who they're going to be and they're trying to figure out how to be a good citizen of the world, asking themselves these big questions about the meaning of life," said Yoon. "These are great questions — adults should be asking them too."

MUSIC

Chris Cornell, lauded voice of rock, mourned by fans

Chris Cornell, the Seattle-born lead singer of Soundgarden and Audioslave died Wednesday night, stunning his family and die-hard fans, who Cornell had just performed for hours earlier at a show in Detroit. Police said Thursday that the 52-year-old's death is being investigated as a possible suicide.

A leader of the grunge movement, Cornell was known for his memorable voice and skilled songwriting. The Grammy award-winner played with members from Pearl Jam and Rage Against the Machine, while also producing several solo albums.

The music industry mourned his sudden death online. Elton John tweeted, "Shocked and saddened by the sudden death of @chriscornell. A great singer, songwriter and the loveliest man."

"RIP Chris Cornell. Incredibly Talented. Incredibly Young. Incredibly Missed," Jimmy Page tweeted.

THE ASSOCIATED PRESS

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YESTERDAY'S ANSWERS

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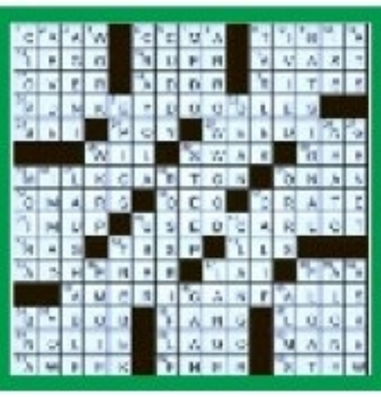

4	7	5	2	8	9	3	1	6
6	8	9	7	3	1	5	4	2
2	3	1	5	6	4	7	9	8
3	9	7	8	5	6	4	2	1
1	6	4	3	9	2	8	7	5
5	2	8	4	1	7	6	3	9
7	1	6	9	4	8	2	5	3
9	5	2	6	7	3	1	8	4
8	4	3	1	2	5	9	6	7

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metro TRAVEL

Your essential daily news

Jeff Koons' 45-metre inflatable ballerina sculpture is up until June 2 at Rockefeller Center

Montana's magnificent ranges

EXPLORE

Find solitude and majesty in the Beartooth Wilderness

Crawl from your warm sleeping bag out the tent door, into the darkness and pre-dawn wind whipping across the plateau. Look up at the cathedral of the sky. Watch the whirlpool of constellations spin overhead.

It's hard not to feel vertigo in the majesty of Montana's wilderness. Whether you seek the rocky heights of a 3,000-metre peak or an endless chain of lakes, the pastels of a mountain meadow or the catch of day (here it's trout), you'll find it here in one of the state's most magnificent ranges, the Absaroka-Beartooth Wilderness.

This 42-kilometre trail cuts through one of the state's most majestic ranges. THE ASSOCIATED PRESS

The best way to get in there is the Beaten Path, a 42-kilometre trail that climbs up and over the Gallatin National Forest watershed divide. The trail has a reputation for high foot and horse traffic, but in the five days we backpacked through last summer, my hiking partner and I saw just a handful of others and embraced the solitude.

The trailhead sits at the southeastern edge of East Rosebud Lake. Accessible by car from the north via a 22-kilometre road from Roscoe.

However, we accessed the path via Red Lodge, a tourist town east of the wilderness that serves as the jumping-off point for the Beartooth Highway, a breathtaking drive that climbs to 3,352 metres while winding along the Wyoming border. Much of the valley and surrounding ridgeline is a moonscape of charred timber and ash on the forest floor, the result of an intense 2008 fire.

Climbing north out of the river valley and onto the Red Lodge Creek plateau, our boots were grey and dusty by the time we reach tree line. Up to 3,000 metres then down off the ridge, we camped on the marshy shores of Crow Lake, hemmed in by a seam of serrated peaks that turned crimson at sunset.

The following day, we climbed out of the valley and crossed an amber meadow carpet, then descended a dusty switchback to arrive at East Rosebud Lake and the beginning of the north end of the Beaten Path.

The path wound south, past one lake after another, following East Rosebud Creek as it drains north. The fishermen we passed carrying trout in plastic bags provided reassurance that even novice anglers like ourselves could catch something. At Elk Lake that night, we did not.

One of the beauties of the Montana alpine terrain is how easy it is to wander. One night, we bushwhacked off trail, upstream to Echo Lake. Pika Peak, named for the small, furry rodents we saw occasionally darting along the trail, was bathed in a tangerine sunset, and we were astounded that, literally, with every cast of our reel, we pulled in brook trout well in excess of a foot. Pan-fried trout for dinner and for breakfast.

After being baked red by the sun for three days, we welcomed the wind but not the spitting snow and hail. We bundled up for our descent.

THE ASSOCIATED PRESS

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"It's a good hard decision": Mike Sullivan is being unsurprisingly cagey on whether he'll start Marc-Andre Fleury or Matt Murray in Pens-Sens Game 4

Tide turns for Sens

SENS VS. PENS

Murray Pam
FOR METRO

Thanks to a 5-1 thrashing of the Penguins Wednesday evening, the Senators sit two wins shy of advancing to their second Stanley Cup final appearance in modern-day franchise history.

Feeding off the enthusiastic home crowd witnessing their first third-round post-season contest in 10-plus years, the Senators literally opened with a flurry against a banged-up Penguins team in Game 3. Mike Hoffman scored 48 seconds in with a bank shot off netminder Marc-Andre Fleury's right pad, taking the sails out of the opposition.

Marc Methot, Derick Brassard and Zack Smith followed with the Senators' fastest three playoff goals (over a 2:18 time span) since 2002 versus the Maple Leafs.

Winning the Eastern Conference final is an arduous task and to be victorious, the club will have to do more of the same — strike early and take advantage of an injury-depleted Penguins squad, something the Senators couldn't accomplish in Game 2.

Top-six forwards Bryan Rust and Patric Hornqvist will likely miss Game 4, as will Justin Schultz. The D-man Schultz was the Penguins' offensive leader on the blue line during the regular season with 51 points. The defence that is already without star cog Kris Letang, didn't fair well versus the Senators' relentless forecheck.

Penguins coach Mike Sullivan dressed seven defencemen, re-inserting Trevor Daley and adding 35 year-old Mark Streit into the lineup. Daley had missed the previous four games with injury. It was apparent he wasn't healthy.

The bigger question is: will Sullivan turn to his 2016 Cup-winning goalie Matt Murray in a pivotal Game 4? The Penguins usual No. 1 was hurt in the warmup of their first-round playoff opener versus the Blue Jackets and is anxious get back between the pipes.

Until allowing four goals on nine first-period Senators shots, Fleury had been effective throughout the post-season.

Derick Brassard's faceoff prowess has helped the Senators gain more puck possession and further wear down an already weary Penguins defence. JANA CHYTILOVA/FREESTYLE PHOTO/GETTY IMAGES

65%

A big storyline of Game 3 was the Senators' ability to limit the Penguins' puck-possession time. Senators pivots won 65 per cent of faceoffs Wednesday. Derick Brassard was responsible for 14 of 16 wins, (87.5 per cent) in the dots.

The Senators have done a fortuitous job of shutting down the league's highest-scoring team from the regular season. The Penguins have been outscored 7-3 in the series to date. After the game, Senators coach Guy Boucher said Erik Karlsson has been "our best defensive defencemen."

Methot and Dion Phaneuf are a close second and third.

The Senators' PK unit has been magnificent. Prior to Sidney Crosby's third-period power-play marker, the club killed off 17 straight penalties. However, with so many offensive weapons in the Pens' arsenal, it's best for the Sens to stay out the box as much as possible.

Goaltenders are usually a team's best penalty killer. In the Sens' case, Craig Anderson leads the way. Anderson's .922 save percentage when short-handed is No. 1 among remaining goalies.

Turning 36 on Sunday, Anderson has stopped 80 of 83 Penguins shots to date.

If there's one facet the Senators require work on, it's their fleeting power play. The PP has failed to score in 19 consecutive attempts.

In the playoffs, one goal can be the difference between playing for Lord Stanley's Mug and going home.

MLB

Pillar 'ashamed' of homophobic slur

Kevin Pillar was suspended for two games Thursday for shouting an anti-gay slur at an Atlanta Braves pitcher, an incident the Toronto Blue Jays centre-fielder says he deeply regrets but hopes will ultimately raise awareness about the hurtful impact words can have.

General manager Ross Atkins confirmed the team ban during a media availability before Thursday night's game at SunTrust Park in Atlanta. Pillar's pay from the two games will be donated, Atkins said.

Pillar was angry at Jason Motte for allegedly quick-pitching him to get a strike-out that ended the seventh inning in Atlanta's 8-4 victory Wednesday night.

Kevin Pillar
GETTY IMAGES

Replays appeared to show Pillar using the slur as he yelled toward the mound.

Pillar told reporters in Atlanta there is "no place for this language" anywhere, including on the baseball field.

"I really felt embarrassed for myself, for my family for this organization," Pillar said, adding that he had not slept much Wednesday night. "I was ashamed."

THE CANADIAN PRESS

IN BRIEF

McGregor resolves Mayweather fight with UFC

Conor McGregor has come to an agreement with UFC that has moved a proposed fight with Floyd Mayweather Jr. closer to reality.

UFC president Dana White said he reached a deal with McGregor and will now start negotiations on a mega-fight with Mayweather that could be worth $1 billion.

"I'm not saying the fight will happen, but I've got one side done. Now it's time to work on the other," White said.

McGregor confirmed the contract on Themaclife.com. THE ASSOCIATED PRESS

Spurs go off on Leicester

Harry Kane scored four goals in Tottenham's 6-1 rout of Leicester on Thursday.

Son Heung-min became the highest-scoring South Korean player in a European season scoring twice to reach 21 goals and break Cha Bum-kun's 19-goal haul at Bayer Leverkusen from the 1985-86 season.

THE ASSOCIATED PRESS

Gaviria takes Giro Stage 12

Colombian rider Fernando Gaviria won a bunch sprint at the end of the longest stage of the Giro d'Italia on Thursday to earn his third win in his first Grand Tour.

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YESTERDAY'S ANSWERS ON PAGE 11

MAKE IT TONIGHT

Luscious Rhubarb and Plum Crumble

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Catch the end of rhubarb season with this luscious dessert.

Ready in 1 hour
Prep time: 30 minutes
Cook time: 30 minutes
Serves 8

Ingredients
- 1 cup whole wheat flour
- 3/4 cup rolled oats
- 1/2 cup + 2 Tbsp brown sugar
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/3 cup pecans, chopped
- 1/2 cup butter, melted
- 3 1/2 cups of chopped, pitted plums
- 2 cups chopped rhubarb
- 1/3 cup + 2 Tbsp maple syrup
- 1 Tbsp lemon juice
- 1 Tbsp flour

Directions

1. Preheat oven to 375 degrees.

2. Toss together the flour, oats, 1/2 cup of brown sugar, cinnamon, salt and nuts until everything is well combined.

3. In a small bowl, mix together melted butter and 2 Tbsp maple syrup. Pour over the oat mixture and stir until it becomes evenly moist. Set aside.

4. Place your chopped plums and rhubarb, lemon juice, 1/3 cup of maple syrup, 2 Tbsp brown sugar and flour in a bowl and give it a good toss. Pour fruit into an 8" x 8" baking pan. Top with crumble. Don't worry if it doesn't cover the fruit perfectly.

5. Bake for 30 to 35 minutes until the topping is golden brown and the fruit is bubbling. Allow to cool for a few minutes before serving.

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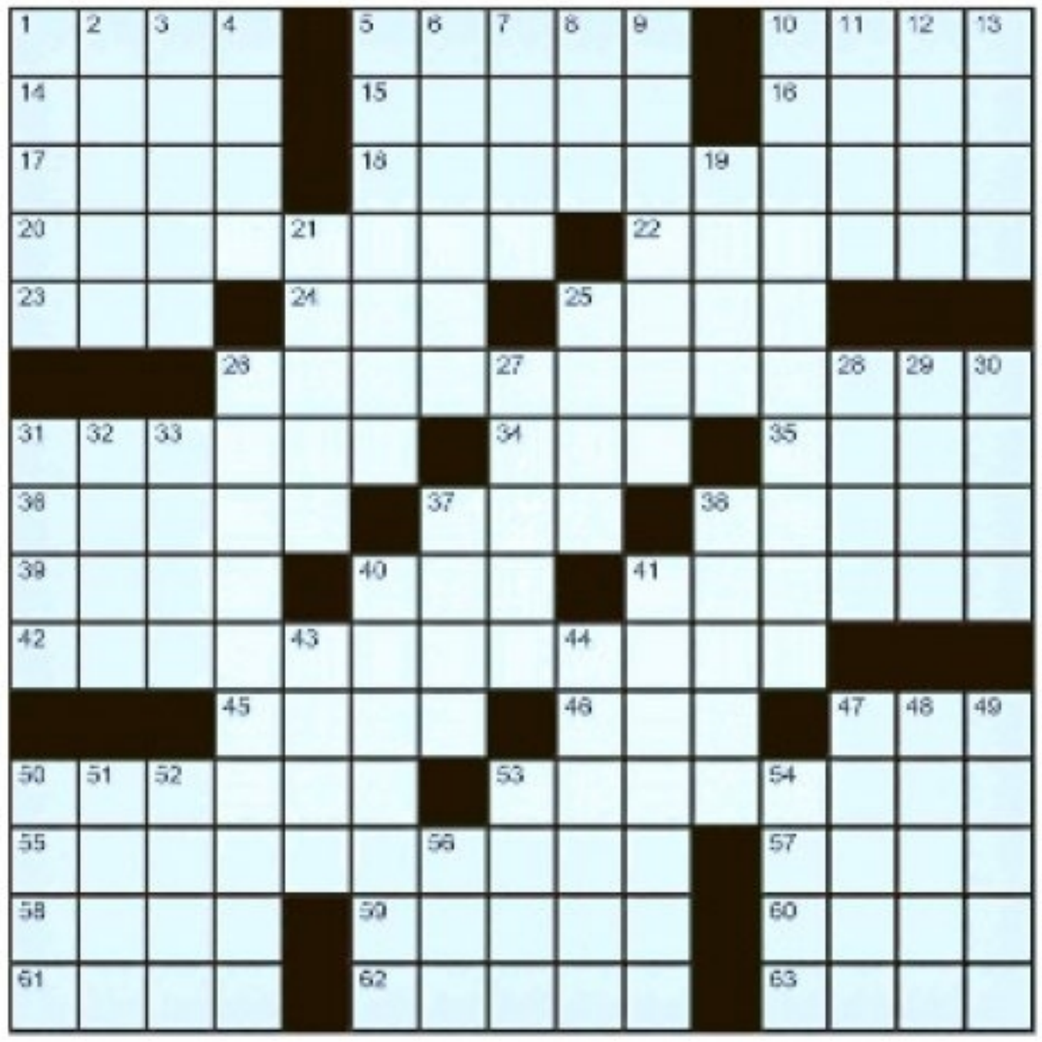
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Mr. Klugman of "Quincy, M.E."
5. Cashier-to-customers papers [abbr.]
10. Queen Victoria's is May 24th, briefly
14. Cosmetics giant
15. "Star Trek" character
16. Laugh: French
17. Enthusiasm
18. Popular pair of pants: 2 wds.
20. Journalistic output, often, to President Donald Trump: 2 wds.
22. Make a money plan
23. Years: French
24. "Could _ _ Your Girl" by Jann Arden
25. Actress, Candace Cameron _
26. Juno-winning country star from Nova Scotia: 2 wds.
31. Bequest
34. Grassland
35. "There will _ _ talking in class!"
36. Singer Ms. Cara
37. Soaked
38. "Desperately Seeking _" (1985)
39. Sud's directional opposite
40. Fashion scarf
41. 7UP rival
42. Canadian production on Broadway which has seven Tony Award nominations for this year's 2017 broadcast on June 11th: 3 wds.
45. Racetrack fence
46. Convened
47. Entrepreneur's deg.
50. Travels around a planet
53. Those driving too fast
55. Central thoroughfare in Winnipeg: 2 wds.
57. Beehive State
58. Editor's 'let it stand'
59. Place to connect in Chicago
60. Zero, in tennis
61. Mr. Malden
62. Oscar-winner Sophia
63. Diving bird

DOWN
1. Orange variety
2. Bird-related
3. Wine bottle toppers
4. Leg-bending point
5. 2010 Rihanna chart-topper: 2 wds.
6. Grub grinder
7. Wordplays
8. Numerical prefix
9. Liqueur of Italy
10. Rural town in Saskatchewan west of the Manitoba border
11. Hor. Vert. _. (Abbreviated lines)
12. "Rule, Britannia" composer
13. Fri., on Sat.
19. _ Mountains (Switzerland-France range)
21. Bridget Fonda, to Jane
25. _ juice
26. Newfoundland airport where planes on 9/11 were diverted (What the musical at #42-Across is about): wd. + abbr.
27. Sparkle
28. "_, _ can." (Can-do attitude reply)
29. Go _ _ great length
30. Zippo
31. Rival car of a Cadillac, for short
32. 'Switch' suffix
33. Wheat _
37. Sheep coat fabric
38. Outpouring
40. "_ Stomp": 1961 hit for The Dovells
41. Make more sugary
43. '50s singer Mr. Domino
44. Unit of electric current
47. "Ditto over here!": 2 wds.
48. "Clap! Clap! Clap!"
49. Drained looking
50. City of Russia
51. Pro _ (In proportion)
52. Casket stand
53. Singe
54. Boring
56. Greek alphabet's 17th letter

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You feel warm and generous to everyone today, which is why this is a great day to schmooze with partners and close friends. Have a good time, but don't go overboard.

Taurus April 21 - May 21
You feel content today. You're happy in your own skin. Things are coming your way and work looks hopeful!

Gemini May 22 - June 21
This is a popular day! Enjoy interactions with others, whether they are casual friendships or dealings with groups and organizations. People want to see you today.

Cancer June 22 - July 23
You make a fabulous impression on bosses, parents and VIPs today. Just be careful you don't promise more than you can deliver. Remain realistic.

Leo July 24 - Aug. 23
Big travel plans are thrilling. You want to go places and enjoy things in Leo style!

Virgo Aug. 24 - Sept. 23
If you have to share or divide something today, don't give away the farm. Remember that you have rights, too. Respect your own self-interest.

Libra Sept. 24 - Oct. 23
You feel warm and friendly toward everyone today, which is why you will be tempted to go overboard or make promises that you cannot fulfill.

Scorpio Oct. 24 - Nov. 22
This is a day full of self-indulgence. You might overeat and enjoy seconds on dessert, but you will feel guilty because you also have an eye on your health.

Sagittarius Nov. 23 - Dec. 21
This definitely is a party day — and you are the sign who likes to work hard and party hard! Enjoy good times with friends, sporting events and playful activities with children.

Capricorn Dec. 22 - Jan. 20
You will love to entertain at home today. In particular, you will love to show your guests a good time.

Aquarius Jan. 21 - Feb. 19
This is a fun-loving day; and you're in a great mood. You will enjoy the company of others, and you also will enjoy the beauty of your daily surroundings. It's a fortunate day, indeed!

Pisces
Feb. 20 - March 20
Look for ways to boost your income, because they do exist today. However, you also might overspend on something because it's easy to go overboard today. Ka-ching!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4		6		7			
1	8	9					2	7
		3						
7				5	8			
			4	1				3
						7		
2	6					5	3	8
			2		1		4	

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*bell.ca/pcmag2016

Bell living in Canada just got better

(1) As ranked by PC Mag. Reprinted from www.pcmag.com with permission. © 2016 Ziff Davis, LLC. All Rights Reserved. (2) City comparison speeds based on Ookla's analysis of Speedtest Intelligence data from January 1 to March 31, 2017.

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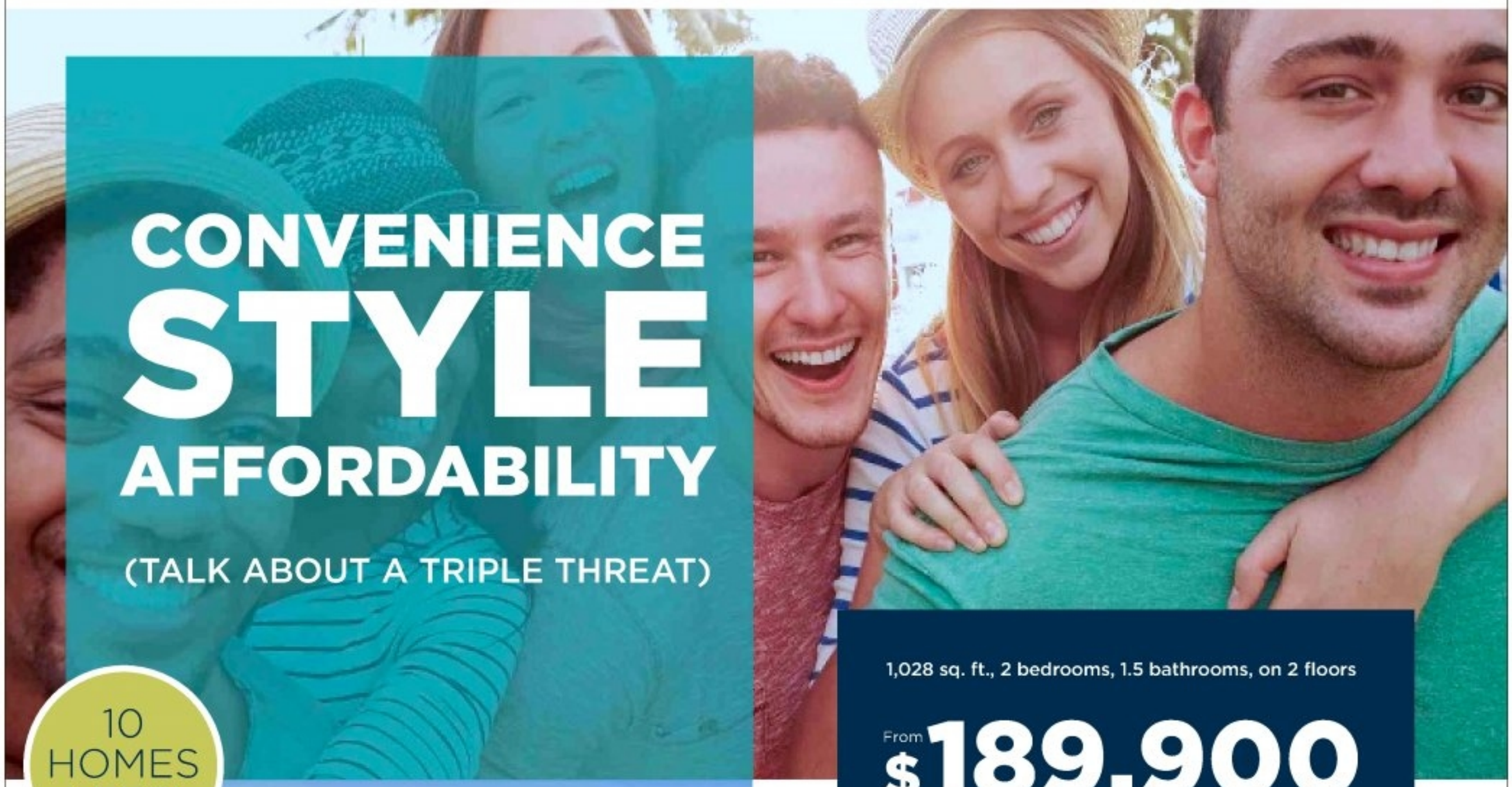

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(TALK ABOUT A TRIPLE THREAT)

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